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Institutional Feeding Managers Stewards-Chefs-Cooks

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ATTENTION PLEASE !

JUL 26 1945
DEPARTMENT OF AGRICULTURE

Industrial Feeding

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CHEF'S SALAD

The Salad Department is one of the most profitable in any feeding operation, and as such the sales appeal of products prepared in this department is always good business. The popularity and acceptance of salads by customers is extremely important, for specifically, salad "greens", the yellow vegetables, the green vegetables, tomatoes, and citrus fruits contain food values that are basic to a good disposition, to good digestion and to the working efficiency of all plant workers.

A profitable salad department merchandises its products through FRESHNESS of appearance. The main problem of the head of the Salad Department is the scheduling of production to achieve this end. With thousands of workers eating within a short space of time, FRESHNESS is sometimes sacrificed to the production schedule.

This issue deals especially with improving the FRESHNESS of one of the most popular items in the Salad Department -- Chef's Salad. For the peak of freshness for this salad, use the following procedure:

1. Prepare and crisp greens by placing in cold water.
2. Prepare other ingredients but leave in separate containers,- Juliene carrots in one, green pepper strips in another, etc.
3. Toss greens together lightly with oil and vinegar JUST BEFORE SERVING to prevent wilting.
4. Assemble salad by spreading greens in pans to be used at point of service. Spread layer of other ingredients, then add layer of greens, alternating with greens and other vegetables.

Where salads are prepared in a central kitchen for service in decentralized stationary units of service, ingredients may be sent separately, and assembled in the decentralized unit of food service. For mobile units, they will be assembled in the central kitchen for distribution.

Oil and vinegar, when added to the greens to long before serving, "date" the salad, and detract from the crisp, fresh appearance. If added too far in advance of service, the wilting of greens is quite pronounced. When there are a number of staggered releases, FRESHNESS can be assured by also staggering the assembling of the salad for each release.

Many feeding managers have found that leaving oil and vinegar off the salad, and allowing the customer to add his own, often gives better acceptance, and helps the salad stand up better during service. The dressing may be made available at the condiment table or at the salad counter, whenever this is feasible.

(over)

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Industrial Feeding Section-Room 700-821 Market Street San Francisco, 3, California
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Plate lunches can successfully include this salad. It combines well with starchy entrees lacking crispness in texture, such as beans, spaghetti, macaroni, as well as egg entrees.

Chef's Salad can be varied from time to time, according to vegetables on hand and market prices. At present, lettuce and tomato supplies are light and selling at ceiling price. The following list suggests alternates that may be used to meet this condition:

(Basic Raw Greens) (Use one or more of these)	(Raw Vegetables and Garnishes) (Use two or three of these)
Chicory	Green Peppers-thinly sliced stri
Escarole	Carrots - Julienne
Green Cabbage	Turnips - Julienne
Spinach	Tomatoes-Diced or thin quarters
Red Cabbage	Cauliflower-thin slices or small flowerettes
Head Lettuce	Cucumbers - thin slices or diced
Leaf Lettuce	Celery - sliced crosswise
	Radishes - sliced
	Tops of green onions-chopped
	Onions-rings
	Watercress-sprigs

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